



Module Handbook

Module Name :	<i>Pendidikan Jasmani</i> Physical Education
Module level :	Bachelor degree/Undergraduate Program
Course Code :	-
Abbreviation, if applicable:	-
Courses included in the module, if applicable:	Not Applicable
Semester/Term	3 rd / Second year
Module coordinator(s)	University Team Leader
Lecturer(s):	University Team from The Faculty of Sport Science
Language:	Bahasa Indonesia (Indonesian Language)
Classification within the curriculum:	Compulsory/ Elective
Teaching format/class hours per week during the semester:	3 contact hours of lectures (<i>sks</i> or credit unit*)
Workload :	3 x 50 minutes lectures, 3 x 60 minutes structured activity, and 3 x 60 minutes individual activity per week, 14 weeks per semester 119 total hours per semester ~ 4.77 ECTS**
Credit Unit:	3 credit unit (4.77 ECTS)
Requirements:	None



<p>Learning goals/competencies:</p>	<p>Social and Attitude (SOC-1) Working collaboratively and having social sensitivity (obligations as citizens and towards religion) and being able to bring change to a techno-ecopreneurship community.</p> <p>CLO-1: Work collaboratively in understanding the nature, function, and goals of physical education</p> <p>CLO-2: Have social sensitivity in various sports and game activities</p> <p>CLO-3: Bring a change to a techno-ecopreneurship community through the increasing of the level of physical fitness using various measurement methods, indicators and measuring the ideal body shape based on various methods, sports management and competition systems.</p>
<p>Content</p>	<p>This course discusses about the nature, function, and goals of physical education, various sports and game activities, physical education programs, the level of physical fitness using various measurement methods, indicators and measuring the ideal body shape based on various methods, sports management and competition systems.. Lecture activities are carried out in a student center with discussions, observations, project assignments, and presentations by developing ecopreneurship characteristics</p>

<p>Attribute Soft skill:</p>	<p>Active communication; Discipline; Collaboration; Responsibility; and Argumentation in class</p>											
<p>Study/exam achievements:</p>	<p>The final grade (<i>NA</i>) is calculated based on the following ratio:</p> <table border="1" data-bbox="539 1525 1347 1845"> <thead> <tr> <th data-bbox="539 1525 943 1588">Assessment Components</th> <th data-bbox="943 1525 1347 1588">Percentage of contribution</th> </tr> </thead> <tbody> <tr> <td data-bbox="539 1588 943 1653">Participation</td> <td data-bbox="943 1588 1347 1653">20%</td> </tr> <tr> <td data-bbox="539 1653 943 1718">Assignment</td> <td data-bbox="943 1653 1347 1718">30%</td> </tr> <tr> <td data-bbox="539 1718 943 1783">Mid-semester test</td> <td data-bbox="943 1718 1347 1783">20%</td> </tr> <tr> <td data-bbox="539 1783 943 1845">Final semester test</td> <td data-bbox="943 1783 1347 1845">30%</td> </tr> </tbody> </table>		Assessment Components	Percentage of contribution	Participation	20%	Assignment	30%	Mid-semester test	20%	Final semester test	30%
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	<p>Grade conversion of 0-100 scale into 0-4 scale is set as below:</p> <table border="1"> <thead> <tr> <th>Letter</th> <th>Number</th> <th>Grade Interval</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>4,00</td> <td>$85 \leq A \leq 100$</td> </tr> <tr> <td>A-</td> <td>3,75</td> <td>$80 \leq A- < 85$</td> </tr> <tr> <td>B+</td> <td>3,50</td> <td>$75 \leq B+ < 80$</td> </tr> <tr> <td>B</td> <td>3,00</td> <td>$70 \leq B < 75$</td> </tr> <tr> <td>B-</td> <td>2,75</td> <td>$65 \leq B- < 70$</td> </tr> <tr> <td>C+</td> <td>2,50</td> <td>$60 \leq C+ < 65$</td> </tr> <tr> <td>C</td> <td>2,00</td> <td>$55 \leq C < 60$</td> </tr> <tr> <td>D</td> <td>1,00</td> <td>$40 \leq D < 55$</td> </tr> <tr> <td>E</td> <td>0,00</td> <td>$0 \leq E < 40$</td> </tr> </tbody> </table>	Letter	Number	Grade Interval	A	4,00	$85 \leq A \leq 100$	A-	3,75	$80 \leq A- < 85$	B+	3,50	$75 \leq B+ < 80$	B	3,00	$70 \leq B < 75$	B-	2,75	$65 \leq B- < 70$	C+	2,50	$60 \leq C+ < 65$	C	2,00	$55 \leq C < 60$	D	1,00	$40 \leq D < 55$	E	0,00	$0 \leq E < 40$
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Learning Methods :	Student-centered approach; project-based learning; lecturer and discussion; and presentations (structured activities)																														
Form of Media:	Power point slides; video; worksheets, and textbooks																														
Literature (primary references):	<ol style="list-style-type: none"> Hartono, S., Et al. 2013. Physical Education (An Introduction). Surabaya: Unesa University Press. Nurhasan, et al. 2005. Practical Instructions for Physical Education (United to Build a Human who is Physically and Spiritually Healthy). Surabaya: Unesa University Press. SCY, Hartati, et al. 2013. Small Game. Malang: Wineka Media. Dugan, S. A., Gabriel, K. P., Lange-Maia, B. S., & Karvonen-Gutierrez, C. (2018). Physical Activity and Physical Function: Moving and Aging. <i>Obstetrics and Gynecology Clinics of North America</i>, 45(4), 723-736. https://doi.org/10.1016/J.OGC.2018.07.009 Griera, J. L., Manzanares, J. M., Barbany, M., Contreras, J., Amigó, P., & Salas-Salvadó, J. (2007). Physical activity, energy balance and obesity. <i>Public Health Nutrition</i>, 10(10A), 1194-1199. Lopes, V. P., Malina, R. M., Gomez-Campos, R., Cossio-Bolaños, M., Arruda, M. de, & Hobold, E. (2019). Body mass index and physical fitness in Brazilian adolescents. <i>Jornal de Pediatria</i>, 95(3), 358-365. https://doi.org/10.1016/J.JPED.2018.04.003 Luís Griera, J., María Manzanares, J., Barbany, M., Contreras, J., Amigó, P., & Salas -Salvado, J. (2007). Physical activity, energy balance and obesity. <i>Public Health Nutrition</i>, 10(10 A), 1194-1199. https://doi.org/10.1017/S1368980007000705 																														



Notes:	*1 credit unit or <i>sks</i> in learning process = three periods consist of: (a) scheduled instruction in a classroom or laboratory (50 minutes); (b) structured activity (60 minutes); and (c) individual activity (60 minutes) according to the Regulation of Indonesia Ministry of Research, Technology, and Higher Education No. 44 Year 2015 jo. the Regulation of Indonesia Ministry of Research, Technology, and Higher Education No. 50 Year 2018.
	**1 credit unit or <i>sks</i> = 1.59 ECTS according to Rector Decree Of Universitas Negeri Surabaya No. 598/UN38/HK/AK/2019